

# Eligibility Criteria

Revised December 20

The Ice Forest Essential Eligibility Criteria is applicable to all the participants in training courses, long stays and adventure trips.

## **Our approach**

First of all we want to know if this is your place. Finding the right program for you will be the first key activity we try to achieve, for that we'll spend time to understand your background, challenges, fears and aspirations to best match your expectations and provide you with a fulfilling experience on every level. We'll do this through honest conversation and showing you every detail of our proposal.

Ice Forest is an educational organization and our main goal is to get the best well-being and personal development of everyone involved in our dream. We believe that we can be the change, than everyone has power enough to transform the world in a positive way. Being part of one of our projects you will grow yourself and help others to grow as well. Since the very first minute we need the commitment with the group so altogether can become in a team. A pleasant and satisfying experience with Ice Forest depends on a strong positive attitude, a commitment to contribute to the group and a disposition to participate actively in every element of the programme.

The mission of Ice Forest Programs is to offer a challenge to youngsters searching the path to higher education. The Ice Forest programs are 10 to 150

days long and are an opportunity to live, explore and learn in some of the most amazing places in Europe or America.

With an honest conversation, first via email, or phone, then by video-call we will spend time discovering if we are made to each other. It's basic we know you and you are sure to face the challenges Ice Forest imagine. Once this is in place you will be appointed to a Mentor who will be your partner for the whole experience, helping you to develop and nurture personal and professional skills. Throughout the program they will encourage curiosity, initiative, persistence, adaptability, leadership and social and cultural awareness. Our program try to put you in a safe environment where you can be the actor of your learning, developing your competencies in critical thinking, creativity, communications and team-work.

### **Ice Forest's Expectations**

While there is no experience necessary to participate in an Ice Forest program, there are critical attributes that we expect of all Ice Forest participants. We expect participants to maintain high standards of personal behavior. A successful Ice Forest program requires participants to have a positive and unselfish attitude on the program as well as an open mind, self awareness and flexibility. Ice Forest programs need you put 'skin in the game.' We expect that everyone will actively commit to all the program's activities, as teamwork is often required for the experience to be successful.

Each participant should:

- Be able to work well in a group and be a positive and contributing group member. This includes being willing and open to conflict resolution and accepting differences among peers.

- Be fully committed to and capable of being flexible, working together with their group members, and maintaining a positive and open attitude, contributing to a safe learning environment - no harassing or abusive behavior of others for any reason.
- Contribute their fair share of group tasks and chores so as to ensure the successful functioning of the group and not allow too much of the burden to fall on any particular group member.
- Treat every member of the group in a kind, respectful and valued manner.
- Maintain a cultural awareness and sensitivity towards local people in the places through which you are traveling.
- Be able to effectively communicate ideas, concerns, needs, and feedback both to individuals and to the group as a whole. Ask for support and guidance when needed.
- Be able to be self sufficient to a certain extent; no one participant should be continually consuming a greater share of the instructor's time and energy than other participants are receiving and requiring.
- Follow a strict environmental ethics, learn about and uphold the principles of Leave No Trace while traveling.
- Be mobile and reasonably physically fit to enjoy and complete the program and activities. Be willing and able to participate in the various outdoor activities which may include hiking and biking in various weather conditions.
- Participants should have enough command of the English language to understand and communicate effectively.
- Be willing to follow the stipulated rules and guidelines. Uphold all Ice Forest policies involving drugs and alcohol consumption.

- Be willing to participate in disconnection days / programs, when no phones are allowed.
- Be willing to maintain a flexible mind-set, and develop 'intercultural' patience in managing intercultural encounters, and in occasions where expectations are not immediately met.
- Effectively communicate ideas and concerns on an individual and group level directly to onsite staff.

### **Red lines to Participation**

- Mental Health Criteria: Ice Forest programs are not recommended for participants coming out of youth-at-risk or therapeutic programs as we are not ourselves a therapeutic program. Each participant must be at least six months out of any therapeutic or rehabilitation program, including but not limited to: wilderness therapy, therapeutic boarding schools, drug and alcohol treatment, etc.

### **Health issues**

- If taking prescription medication, the participant must be able to self-administer and monitor dosages without assistance from mentors or others unless under emergency circumstances.

A qualified participant is one who can meet the Essential Eligibility Criteria outlined here for participation in the programme. If an applicant is unable to meet these criteria, we could see the options to adapt the conditions unless it alters the fundamental structure of the program, significantly impacts other participants enrolled in the programme, compromises the health or safety of other participants and mentors, or requires an undue financial or administrative burden on Ice Forest.